perplexity

Did Eugene sandow do steroids

Eugene Sandow did not use steroids. Steroids, specifically anabolic steroids like synthetic testosterone, were not developed or available during his lifetime. Sandow died in 1925, while the first isolation of testosterone did not occur until the 1930s, and synthetic anabolic steroids only became widely available in the 1950s[1] [2] [3] [4].

Sandow is often cited as an example of what can be achieved naturally, as his physique was built through rigorous training, diet, and dedication, not through modern performance-enhancing drugs[1] [2] [3] [5]. While there are occasional rumors or jokes suggesting he may have used other stimulants like cocaine or methamphetamine, there is no credible evidence that Sandow used any such substances for muscle growth, and these claims are generally dismissed as unfounded speculation[4].

In summary, Eugene Sandow's achievements were the result of natural methods, as anabolic steroids simply did not exist during his era[1] [2] [3] [4].

1. https://www.reddit.com/r/nattyorjuice/comments/hwup3e/eugene_sandow_died_in_1925_far_before_steroids/
2. http://www.rookiejournal.com/Eugen-Sandow-The-Only-Steroid-Free-Bodybuilder-In-The-World.html
3. https://juicedmuscle.com/jmblog/content/lies-about-gaining-muscle
4. https://www.youtube.com/watch?v=Vzipma6TpvA
5. https://thenattylimit.wordpress.com/2018/10/02/forsta-blogginlagget/